GOVERNMENT OF ANDHRA PRADESH
ABSTRACT

I.C.D.S. – Implementation of uniform food models in I.C.D.S. Projects - Providing **YSR Sampoorna Poshana Plus+ food models** in 77 tribal mandals and **YSR Sampoorna Poshana food models** in the remaining mandals of the State, for pregnant women and lactating mothers and children aged 6-36 months and 36-72 months – Estimated Nutritive Values of the Food models - Issued.

DEPT., FOR WOMEN, CHILDREN, DIFFERENTLY ABLED & SENIOR CITIZENS
(Prog.I)

G.O.MS.No. 11 Dated: 04-08-2020
Read the following:-

1. From the Director, W.D. & C.W., Guntur, Letter No.WDC02-24028/53/2019-SNP, dated 08-06-2020.
2. G.O.Ms.No.9, Dept., for W.C.D.A. & S.Cs. (Prog.I), dated 27-06-2020

ORDER:

The Director, W.D. & C.W., Guntur in her letter 1st read above, has proposed uniform food models for implementation and requested for approval of food models for Y.S.R. Sampoorna Poshana Plus+ Scheme in 77 Tribal Mandals and Y.S.R. Sampoorna Poshana Scheme in the remaining mandals of the State for pregnant women and lactating mothers and children aged 6-36 months and 36-72 months, in supersession of the existing supplementary and special nutrition food models.

2. In the G.O. 2nd read above, Government accorded permission to the Director, W.D. & C.W., Guntur, for providing Y.S.R. Sampoorna Poshana Plus+ Scheme food models in 77 Scheduled and Tribal Sub-Plan mandals and Y.S.R. Sampoorna Poshana Scheme food models in the remaining mandals of the State through Anganwadi Centres, with a focus on iron, protein and energy supplementation along with green leafy vegetables in spot feeding at Anganwadi for pregnant women and lactating mothers and children aged 6-36 months and 36-72 months, in supersession of the existing supplementary and special nutrition food models.

3. Government after careful consideration of programme implementation, hereby order to take following steps to achieve the desired results of the supplementary nutrition program. The nutritive values of the food models have been estimated in consultation with National Institute of Nutrition (NIN) as per the Indian Food Composition Tables (IFCT)/ Nutritive Values of Indian Foods (NVIF) and the estimated nutritive values of the food models of Y.S.R. Sampoorna Poshana Plus+ Scheme and Y.S.R. Sampoorna Poshana Scheme are indicated in the Annexure-I and Annexure-II respectively appended to this G.O.

- The food models and menus approved for the various categories of beneficiaries shall be displayed in all AWCs, Village and Ward Secretariats without fail.

- In order to implement supplementary nutrition without gaps and to monitor the processes and outcomes of the scheme, data pertaining to all service delivery shall be updated in Common Application Software (CAS).

- CAS data shall be reviewed at ICDS Project, District, State level on monthly basis and ensure uninterrupted service delivery.

- Anganwadi workers shall take up thorough survey of Anganwadi Centre (AWC) catchment area to enroll all eligible children, pregnant and lactating women in the scheme & update in CAS. Special efforts to be made to ensure unreached, most deserving populations in extended areas of urban ICDS Projects & hill top, hard to reach locations and inaccessible areas in tribal ICDS Projects.

- Anganwadi Workers shall coordinate with ASHA, ANM to organize Village Health Sanitation and Nutrition Day (VHSND) as per the schedule and update the information in CAS.

- Pregnant women, lactating mothers shall be educated to utilize protein, energy-based take home ration provided without distributing among family members. They shall also be counselled during spot feeding at Anganwadi on consumption of IFA and Calcium tablets.

- Anganwadi Workers shall follow-up for administration of deworming to Pregnant Women during 2nd trimester.

- Weight of pregnant women shall be monitored every month at Anganwadi Centre and recorded in CAS.

- Anganwadi workers, Supervisors and CDPOs shall undertake home visits, educate and counsel the beneficiaries on nutrition and health care behaviors including Infant Young Child Feeding (IYCF) practices.

- Growth monitoring (height and weight monitoring) of every child to be done at Anganwadi Center every month and update in CAS.

- Children identified as Severely Under Weight (SUW), Severely Acute Malnourished (SAM), Moderately Acute Malnourished (MAM) shall be monitored for weight on weekly basis by Anganwadi Workers

- Sensitize and create awareness among pregnant women and mothers of children up to 2 years of age and their key influencers on key health, nutrition and child care practices in order to strengthen positive practices related to survival, growth and development of children.

- Anganwadi Worker to coordinate with ASHA and jointly visit all children who completed 6 months to demonstrate complementary feeding and explain the importance of complementary feeding to children along with continued breastfeeding.

- All children 6-59 months shall be provided Iron Folic Acid syrup as per the protocol. ICDS CDPO, Supervisor shall coordinate with Medical Officers, and Anganwadi Workers shall coordinate with ASHA, ANM to ensure that IFA is given to children

- Anganwadi worker shall coordinate with ASHA, ANM to ensure medical examination of all SUW/ SAM/ MAM children by the Medical Officers (MOs), PHC for detecting any underlying causes for malnutrition; for detecting medical complications or illnesses; for prescribing treatment, and dispensing medicines like antibiotics, iron/folic acid/calcium/vitamin/zinc supplementation and deworming medicines wherever necessary; and for referral to Nutritional Rehabilitation Centre/ hospital/ appropriate facilities or specialists wherever necessary. The AWW/Supervisor to furnish the list of SUW/SAM/MAM children to ASHA/ ANM/ MO (PHC).

- Children discharged from Nutritional Rehabilitation Centre (NRC) shall be monitored at home, their parents/family members shall be educated to ensure appropriate feeding, clean surroundings, personal hygiene, sanitation and clean, safe drinking water.

- POSHAN Abhiyaan envisages convergence of essential flagship programs for health, nutrition, water and sanitation services to ensure nutrition specific and nutrition sensitive service delivery at state, district and block level. State, District and Block level Convergence Action Plans (CAP) shall be reviewed on monthly basis at ICDS Block level, quarterly basis at district level and bi-annually at State level.

- AWW-ASHA-ANM shall meet every fortnight to consolidate data and plan for visits to high-risk, malnourished children and anaemic pregnant, lactating women and children 6-59 months for ensuring completion of any missed immunization.

- **A. Role of Mahila Samrakshana Karyadarshi**

- The Mahila Samrakshana Karyadarsi is responsible for enrolment and regular attendance of beneficiaries in the Anganwadi Centre. She will supervise, support and assist in the efficient delivery of services by the Anganwadi Workers and Anganwadi Helpers.

- Visit to Anganwadi Centre (AWC) thrice a week to ensure timely opening, cleanliness, pre-school attendance and the quality of the food provided to beneficiaries.

- Observe the quality and quantity of food supplied to beneficiaries under YSR Sampurna Poshana / YSR Sampurna Poshana Plus and ensure all beneficiaries consume the food supplied by Anagnawadi.

- Observe mobile application of Anganwadi worker (CAS) to identify underweight and malnourished children. Crosscheck their weights and heights once again in their presence and counsel their parents.

- Identify Pregnant women, Lactating mothers and children below 6 years who are not covered under AWC jurisdiction and encourage them to enroll in AWC.

- Identify anemic pregnant women, lactating mothers and adolescent girls and create awareness among family members during the home visit along with AWW and ASHA

- Attend Self-Help Group meetings organized by Village Organizer (VO)/ Slum Level Federations, educate them on nutrition, balanced diet and diet diversity, complementary feeding to children

- Participate in VHSND and ensure all ANCs and PNCs health check-ups by ANM

- Participate in Community Based Event at AWC

- Participate in special programs organized by State/Central Government like Poshan Week/ Poshan Month etc

- Support Anganwadi in organizing programs, events on promoting nutrition, health care behaviours in the event of national/ international significant days

- Prevent child marriages by issuing eligibility certificate to the couple after thorough verification of their age proof

- **B. Role of Village Volunteers**

  - Educate the families especially women on nutrition, health care practices during ‘First 1000 days’

  - Facilitate behavior change communication sessions during Community Based Events at Anganwadi centers

  - Visit every household, encourage pregnant, lactating women to avail nutrition services at Anganwadi

  - Prioritize follow-up visits to households of children <2 years, malnourished children and anemic/high risk pregnant women

4. The Director, W.D.&C.W., Guntur, shall take necessary action in the matter accordingly and ensure effective convergence of the nutrition specific and nutrition sensitive activities with Health, Medical and Family Welfare, Tribal Welfare, Panchayat Raj and Rural Development, School Education and Planning Depts and other line departments.

NILAM SAWHNEY
CHIEF SECRETARY TO GOVERNMENT

To
The Director, W.D. & C.W., Guntur.
Copy to:
All the District Collectors in the State.
All the Regional Joint Directors, W.D. & C.W. Dept., in the State.
All the Project Directors, District Women & Child Development Agency.
The P.S. to Secretary to C.M.
The P.S. to M(W&CW).
The P.S. to Prl. Secy. to Govt., Dept., for WCDA & SCs.
The Social Welfare Department.
The Tribal Welfare Department.
The Finance (FMU.WCD&SC) Department.

// FORWARDED::BY ORDER//

SECTION OFFICER

Contd. for Annexures..

Annexure-I

G.O.Ms.No.11 Dept. for WCDA&SCs, Dated:04-08-2020

A. YSR Sampurna Poshana Plus+ Scheme in 77 Scheduled and sub-Plan Tribal mandals

I. Estimated nutritive values of the food model under one full meal at the Anganwadi Centre for Pregnant women and Lactating mothers are as follows:

Food item	Code as per IFCT/NVIF		Quantity /day	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
RICE	A015	IFCT	125 gms	445.4	9.9	0.7	0.8	9.4
RED GRAM DHAL	B021	IFCT	30 gms	99.2	6.5	0.5	1.2	21.5
PALM OIL	438	NVIF	16 gms	144	0	16	0	0
MILK	L001	IFCT	200 ml	214.6	7.4	13.2	0.3	242
EGG	M004	IFCT	50 gms	73.9	6.7	5.3	1	27.6
VEGETABLES/GREEN LEAFY VEGETABLES		IFCT	125 gms	36.8	2.9	0.6	4.5	184.2
			TOTAL	**1013.9**	**33.4**	**36.3**	**7.8**	**484.7**

Rice is calculated using Rice, raw, milled, ** for vegetables, Amaranth, Gogu and Vegetables average value is considered for estimation; on an average one egg is considered as 50 gms

II. Estimated nutritive values of the food model - Monthly Take Home Ration Kit for the Pregnant Women and Lactating mothers are as follows:

Food item	Code as per IFCT/NVIF		Quantity /month	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
MULTIGRAIN FLOUR			2000 gms	6706.0	274.0	82.0	84.0	1264.0
GROUNDNUT CHIKKI								
Groundnut	H012	IFCT	250 gms	1300	59.1	99.1	8.6	135
Jaggery	I001	IFCT	250 gms	884.3	4.6	0.4	11.6	267.5
RAGI/BAJRA/ JOWAR FLOUR								
Ragi Flour	A010	IFCT	500 gms	1603.7	35.8	9.6	23.1	1820
Bajra Flour	A003	IFCT	500 gms	1739.95	50.48	27	30	137.0
Jowar Flour	A005	IFCT	500 gms	1670.0	50	8.5	20	138
JAGGERY	I001	IFCT	500 gms	1768.6	9.3	0.8	23.2	535
DRY DATES	E017	IFCT	500 gms	1601.3	12.3	1.8	16	356

#Groundnut Chikki is estimated for equal portion of Groundnut and Jaggery

(a) The composition and nutritive values of Multigrain Atta is as follows:-

Code as per IFCT/NVIF		FOODS	QUANTITY (gms)	ENERGY (kcal)	PROTEIN (g)	FAT (g)	IRON (mg)	CALCIUM (mg)
CODE	SOURCE							
A019	IFCT	WHEAT	30	96.1	3.2	0.5	1.2	9.3
3	NVIF	FOXTAIL MILLET	25	82.8	3.1	0.3	0.7	7.8
B025	IFCT	SOYA BEAN.WHITE	10	37.7	3.8	1.9	0.8	19.5
A003	IFCT	BAJRA	10	34.8	1.1	0.5	0.6	2.7
A004	IFCT	BARLEY	5	15.8	0.5	0.1	0.1	1.4
460	IFCT	OATS MEAL	5	18.7	0.7	0.4	0.2	2.5
A006	IFCT	MAIZE	5	16.7	0.4	0.2	0.1	0.4
A010	IFCT	RAGI	5	16.0	0.4	0.1	0.2	18.2
A005	IFCT	JOWAR	5	16.7	0.5	0.1	0.2	1.4
		Total	100	335.3	13.7	4.1	4.2	63.2

III. Estimated nutritive values of the food model for hot-cooked mid-day meal at Anganwadi Centers to Children in the age group of 36-72 months are as follows:

Food item	Code as per IFCT/NVIF		Quantity /day	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
RICE	A015	IFCT	75 gms	267.3	6.0	0.4	0.5	5.6
RED GRAM DHAL	B021	IFCT	15 gms	49.6	3.3	0.2	0.6	10.8

PALM OIL	438	NVIF	5 gms	45	0	5	0	0
MILK	L001	IFCT	200 ml	214.6	7.4	13.2	0.3	242
EGG	M004	IFCT	50 gms	73.9	6.7	5.3	1	27.6
VEGETABLES/GREEN LEAFY VEGETABLES		IFCT	42 gms	12.4	1.0	0.2	1.5	61.9
BALAMRUTHAM SNACK	B002	IFCT	50 gms	207	5.5	5.61	4.55	183.5
		TOTAL		**869.8**	**29.9**	**29.91**	**8.45**	**531.4**

Rice is calculated using Rice, raw, milled, ** for vegetables, Amaranth, Gogu and Vegetables average value is considered for estimation; on an average one egg is considered as 50 gms

IV. Estimated nutritive values of the food model as Take-Home Ration to Children in the age group of 6-36 months are as follows:

Food item	Code as per IFCT/NVIF		Quantity /day	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
BALAMRUTHAM	NIN-Label Value		100 gms	414	11	11.2	9.1	367
EGG	M004	IFCT	50 gms	73.9	6.7	5.3	1	27.6
MILK	L001	IFCT	200 ml	214.6	7.4	13.2	0.3	242
			TOTAL	**702.5**	**25.1**	**29.7**	**10.4**	**636.6**

(a) Composition per 100 g of Balamrutham (fortified with vitamins & minerals)

Ingredients	Qty in gms (per packet of 2500 gms Balamrutham)	Parts in 100 gms
Sugar	500	20
Oil	250	10
Milk Powder	250	10
Roasted Wheat	1375	55
Bengal Gram	125	5
Total	2500	100

(b) Nutritive value per 100 g in Balamrutham

Sl. No.	GOI Norms	Natural Ingredients	Fortification	Total in Balamrutham
1	Energy (kcal)	414	0	414
2	Protein (gms)	11	0	11
3	Calcium (mg)	167	200	367
4	Iron (mg)	3.1	6	9.1
5	Vitamin A (mg)	2.5	200	202.5
6	Vitamin B1 (mg)	0.3	0.3	0.6
7	Vitamin B2 (mg)	0.2	0.35	0.55
8	Vitamin C (mg)	0.5	15	15.5
9	Folic Acid (mg)	7.1	15	22.1
10	Niacin (mg)	2.3	4	6.3

B. <u>YSR Sampurna Poshana Scheme across the State except 77 Tribal Mandals</u>

I. Estimated nutritive values of the food model under one full meal at the Anganwadi Centre for Pregnant women and Lactating mothers are as follows:

Food item	Code as per IFCT/NVIF		Quantity /day	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
RICE	A015	IFCT	125 gms	445.4	9.9	0.7	0.8	9.4
RED GRAM DHAL	B021	IFCT	30 gms	99.2	6.5	0.5	1.2	21.5

PALM OIL	438	NVIF	16 gms	144	0	16	0	0
MILK	L001	IFCT	200 ml	214.6	7.4	13.2	0.3	242
EGG	M004	IFCT	50 gms	73.9	6.7	5.3	1	27.6
VEGETABLES/GREEN LEAFY VEGETABLES		IFCT	125 gms	36.8	2.9	0.6	4.5	184.2
			TOTAL	**1013.9**	**33.4**	**36.3**	**7.8**	**484.7**

Rice is calculated using Rice, raw, milled, ** for vegetables, Amaranth, Gogu and Vegetables average value is considered for estimation; on an average one egg is considered as 50 gms

II. Estimated nutritive values of the food model - Monthly Take Home Ration Kit for the Pregnant Women and Lactating mother as follows:

Food item	Code as per IFCT/NVIF		Quantity /month	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
RAGI	A010	IFCT	1000 gms	3207.5	71.6	19.2	46.2	3640
JAGGERY	I001	IFCT	250 gms	884.3	4.6	0.4	11.6	267.5
GROUNDNUT CHIKKI								
Groundnut	H012	IFCT	125 gms	650	29.6	49.5	4.3	67.5
Jaggery	I001	IFCT	125 gms	442.2	2.3	0.2	5.8	133.8
DRY DATES	E017	IFCT	250 gms	800.7	6.1	0.9	8	178
BAJRA/JOWAR FLOUR								
Bajra Flour	A003	IFCT	1000 gms	3480	109.6	54	64	274
Jowar Flour	A005	IFCT	1000 gms	3340	100	17	40	276
RICE FLAKES	A011	IFCT	1000 gms	3537.3	74.4	11.4	44.6	91.9

#Groundnut Chikki is estimated for equal portion of Groundnut and Jaggery

III. Estimated nutritive values of the food model for hot-cooked mid-day meal at Anganwadi Centers to Children in the age group of 36-72 months are as follows:

Food item	Code as per IFCT/NVIF		Quantity	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
RICE	A015	IFCT	75 gms	267.3	6.0	0.4	0.5	5.6
RED GRAM DHAL	B021	IFCT	15 gms	49.6	3.3	0.2	0.6	10.8
PALM OIL	438	NVIF	5 gms	45	0	5	0	0
MILK	L001	IFCT	100 ml	107.3	3.7	6.6	0.2	121
EGG	M004	IFCT	50 gms	73.9	6.7	5.3	1	27.6
VEGETABLES/GREEN LEAFY VEGETABLES		IFCT	42 gms	12.4	1.0	0.2	1.5	61.9
BENGAL GRAM DHAL (SANAGALU)	B002	IFCT	20 gms	57.4	3.8	1.02	1.36	30
			TOTAL	**612.9**	**24.5**	**18.7**	**5.16**	**256.9**

Rice is calculated using Rice, raw, milled, ** for vegetables, Amaranth, Gogu and Vegetables average value is considered for estimation; on an average one egg is considered as 50 gms

IV. Estimated nutritive values of the food model as Take-Home Ration to Children in the age group of 6-36 months are as follows:

Food item	Code as per IFCT/NVIF		Quantity	Energy (kcal)	Protein (g)	Fat (g)	Iron (mg)	Calcium (mg)
BALAMRUTHAM	NIN-Label Value		100 gms	414	11	11.2	9.1	367
EGG	M004	IFCT	50 gms	73.9	6.7	5.3	1	27.6
MILK	L001	IFCT	100 gms	107.3	3.7	6.6	0.2	121
			TOTAL	**595.2**	**21.4**	**23.1**	**10.3**	**515.6**

NILAM SAWHNEY
CHIEF SECRETARY TO GOVERNMENT

// FORWARDED::BY ORDER //

SECTION OFFICER